Montana Harvest of the Month

Teacher Webinar
February 16, 2017
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Overview

Harvest of the Month Basics
How it Works
Examples from Ennis & Bigfork
Ideas
Sign Up
Upcoming Opportunities
Who Are You?

Poll question #1
CORE ELEMENTS OF
FARM to SCHOOL

- EDUCATION
- SCHOOL GARDENS
- PROCUREMENT
Program Impacts

- Increases communication and collaboration within and outside of the schools.
- Increases students’ interest in trying new foods.
- Creates a method for engaging parents in nutrition education and healthy eating.
- Provides an easy framework to start or grow farm to school.
- Promotes existing farm to school efforts which often go unacknowledged.
How it Works

Step-by-Step
School Year 2016-2017 Calendar

Sept – Summer Squash
Oct – Kale
Nov – Apples
Dec – Winter Squash
Jan – Carrots
Feb – Beets
Mar – Beef
Apr – Grains
May – Lentils
June – Leafy Greens

Although we recommend following this calendar, your school or program can change the calendar to suit your needs. None of the materials are printed with the month. The calendar will likely change each school year to allow for new harvest foods.
MT Harvest of the Month Will...

- Mail or provide one packet for each school and afterschool program that registers.
- Provide electronic documents available to anyone who has registered (or is listed in a team) at no charge.
- Provide access to additional materials including outreach, additional lessons, etc.
- Provide trainings in multiple mediums – written guides, webinars, videos, and in-person trainings.
- Provide technical assistance.
We Do **Not** Provide

- The food needed for meals, snacks, or educational activities.
- An educator.
- Specific farms or businesses that you have to order from.
Participating Sites Will…

Form a **team** – including school administration, food service, and a teacher (at a minimum).

Showcase Harvest of the Month item (using Montana grown foods) at least once per month in:

- **School meal or snack**
- **Educational activity**
- **Taste test**

Use the provided **materials** and display in a visible location.

Participate in **evaluation**.
1. Team

- Administrator
- Food Service
- Team Lead
- Community Partner
- Teacher
- Producer
2. Taste Test

**Fresh Zucchini Salad**
with zucchini and carrots

**Wholesome Foods**
Bridger, MT

**Louis Zierlein Farm**

**Baked Zucchini Chips**
with zucchini from:

**Wholesome Foods**
Bridger, MT

**Louis Zierlein Farm**

*Photo Credit: Beth Williams, Red Lodge*
Menu

Sweet BEET Salad!

Where in Montana does this food come from?

Beets from Victor, MT

Beets

Loved it! 203
Liked it! 36
Tried it! 46

Photo Credit: Carey Swanberg, Ronan
### Apples

- Apples are in the fruit food group.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.
- Apples were brought to the United States in the 17th century.
- The wild ancestors of apples grow in the mountains of central Asia.

To learn more about Montana Harvest of the Month visit: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)

### Leafy Greens

- Leafy greens are in the vegetable food group.
- While there are hundreds of varieties of main types: butterhead (e.g., Boston, bib), looseleaf (e.g., red leaf, green leaf), and most varieties that can be used for cooked mustard greens, turnip greens, and bok-cabbage family (Brassicaceae).

To learn more about Montana Harvest of the Month visit: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)

### Carrots

- Carrots are in the vegetable food group.
- Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!
- Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

To learn more about Montana Harvest of the Month visit: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)
### March 2016

**Montforton School**

**MT Harvest of the Month:** Beef - from Lazy SR Ranch in Wilsall, MT

**Nutrition Tip:** Only one in 10 American kids gets enough vitamin D, and about six out of 10 kids get the recommended amount of calcium.

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<th>Monday</th>
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<td>Pasta w/Spaghetti Sauce &amp; Mozzarella</td>
<td>Hot Dog on WG Bun</td>
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<td>Baked Beans (Relish, Onions)</td>
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<td>Teriyaki Chicken</td>
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**Photo Credit:** Amy Harvey, Missoula

**Photo Credit:** Emma Fernandez, Red Lodge
4. Evaluate

Beginning of Year Survey

Mid Year Survey

End of Year Survey
• 2 Tracking Sheets

Taste Test Results – At least 1x/month
Printed Materials

Each **location** will receive one set including:

- Poster
- Cafeteria Flyer
- Teacher/Educator Flyer
- Home Flyer
- Static Cling
Posters

- Receive one 18x24” for each month
- Electronic files available 18”x24” and 11”x17”
- Purchase additional 18x24” posters ($1.25ea + S&H)

http://store.msueextension.org/Departments/Harvest-of-the-Month-Posters.aspx
**Lentils**

**Facts**
- Lentils are a pulse crop, part of the legume family, along with dry beans, chickpeas (garbanzo beans), and dry peas. The name “pulse” refers to peas, a thick soup.
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in this country.
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.
- Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans.

**Selection**
- French green, black, red, green, golden, and pardina (brown) are some of the many varieties of lentils. While any variety is very versatile, each one has unique characteristics including texture, flavor, and color, making them more or less suited for certain culinary uses. Green lentils are larger and very versatile, being suitable for soups, salads, and in baked goods as a puree. Pardina, Black Beluga, and French green lentils cook quickly and lose their shape, making them great for adding to soups, thicker soups, mashed potatoes, or baked goods as a puree. While any variety is very versatile, being suitable for soups, salads, and in baked goods as a puree. Pardina, Black Beluga, and French green lentils cook quickly and lose their shape, making them great for adding to soups, thicker soups, mashed potatoes, or baked goods as a puree.

**Storage**
- Store lentils in airtight containers in a cool, dry place for up to a year. Cooked lentils may be refrigerated up to 5 days.
- Sprouted and/or served in soups or salads.
- Even though many people may not be familiar with them, lentils were one of the first crops cultivated by humans.

**Nutrition Information**
- Lentils are highly nutritious and deserve “superfood” status.

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**Preparation**
- Prior to use, wash carefully, and pick out debris or rocks.
- Uses
- **Blend.** Add 1-2 tablespoons cooked lentils to smoothies.
- **Cook.** To cook, use 1 cup lentils to 3 cups water. Boil for 15-20 minutes for salads or up to 60 minutes for puree, depending on variety and desired texture. Although lentils do not need to be soaked prior to cooking like other legumes, soaking and sprouting helps to increase nutrient availability.
- **Grind.** Add cooked lentils to food processor and drizzle with olive oil, add seasonings if desired. Blend until smooth. Use purée as a dip for vegetables, spread on sandwiches, base for croquette or patty, or as base for baked goods.
- **Pan-Fry.** Cooked lentils can be used to make veggie burgers, falafel, or croquette.
- **Puree.** Place cooked lentils in food processor and drizzle with olive oil, add seasonings if desired. Blend until smooth. Use purée as a dip for vegetables, spread on sandwiches, base for croquette or patty, or as base for baked goods.
- **Risotto, Soups, Stews, or Stir-Fry.** Add cooked lentils to soups, stews, or rice dishes for added nutrients and texture. Add to a pasta or green salad for fiber.
- **Season.** For added flavor, cook lentils in water, broth, or tomatoes. To enhance flavor, experiment with allspice, bay, rosemary, and thyme.
- **Soak.** Cover lentils with 2 inches water, cover, and soak in refrigerator for 10-12 hours.
- **Sprout.** Sprouted lentils may be refrigerated up to 3 months.

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**Recipe: Lentil Squash Hummus**

**Ingredients**
- **Garbanzo beans, drained and rinsed.** 2 cups
- **Water squash, pureed** 1 cup
- **Red lentils, cooked** 1 quart
- **Tahini** 1 cup
- **Olives and/or onions** 1/2 cup
- **Vegetable oil liquid** 1/2 cup
- **Salt** 1/2 tsp
- **Pepper** 1/2 tsp
- **Garlic** 1/2 tsp
- **Lemon juice** 1 Tbsp

**Recipe Instructions**
- **Blend.** Add 1-2 tablespoons cooked lentils to smoothies.
- **Bake.** Cooked lentils can be used to make veggie burgers, falafel, or croquette.
- **Grind.** Add cooked lentils to food processor and drizzle with olive oil, add seasonings if desired. Blend until smooth. Use purée as a dip for vegetables, spread on sandwiches, base for croquette or patty, or as base for baked goods.
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- **Risotto, Soups, Stews, or Stir-Fry.** Add cooked lentils to soups, stews, or rice dishes for added nutrients and texture. Add to a pasta or green salad for fiber.

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**Montana Harvest of the Month: Lentils**

**Nutrition Analysis**

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**Serving Size: 1/4 cup (8 oz), 1/2 cup (16 oz.)**

**Pan Size:**

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**Oven Temperature & Baking Time:**

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**Meat Component Fulfillment**

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**Source:** Jenny and Luca Montague and Jessica Manly, Kalispell Public Schools
Squash Carnival Squash Spaghetti Squash Squash Classroom Bites

Winter Squash

Facts
- Winter squash is harvested in the fall and can last into the winter if stored correctly.
- The seeds are hard and usually not eaten, quite different from their summer squash cousins, such as zucchini.
- Gourds, cucumbers, and melons are all part of the Cucurbit family, but all have different origins. Squash and pumpkins are native to the Americas, while cucumbers originated in eastern Asia, and melons in Africa or Persia.
- Squash is one of the oldest cultivated crops in the Western Hemisphere and was originally grown for its seeds. Seeds found in Mexico have been dated as 10,000 years old.
- To some Native American tribes, corn, beans, and squash are known as the “Three Sisters.” These plants were grown together and were staples of many tribes in North America.

Gardening
To grow winter squash you need considerable garden space and full sun. Start seedlings indoors 3-4 weeks prior to planned planting date. Plant hardened off seedlings outdoors one week before last frost or plant seeds directly in garden. Winter squash may be grown in larger containers, but the vines and squash may need to be trellised or supported as they grow outside of the container. Vines will begin to die off as the squash reaches harvest time.

Selection
Select winter squash that are firm, have dull-colored skin, and feel heavy for the size.

Storage
Winter squash can be stored from 1 week to 6 months depending on the variety and storage conditions. Store winter squash in a dark area, with good ventilation, between 50-60°F for ideal storage conditions. Remove soil prior to storage and leave stem on. Once the squash is cut, wrap and store in the refrigerator for 1-2 days.

Cooking
Bake. Peel and cube squash or slice squash in half and scoop out seeds. On a foil-lined baking dish, place halved squash cut-side down or evenly arrange cubed squash. Cover and bake whole squash at 350°F for 45 minutes or until tender. Bake cubed squash at 350°F for 20-25 minutes.

Boil or Steam. Keep whole or cut squash into quarters or cubes and remove the skin and seeds. To boil squash whole, pierce skin with fork, cover, and boil for 1 hour. To steam or boil cubed squash, place slices into pan of boiling water or steam basket for 10-15 minutes or until tender.

Microwave. Peel and cube squash or slice squash in half and remove seeds. Place cubes or halves in a microwave-safe dish with 2-3 tablespoons water. Microwave on high for 5-8 minutes for cubes or 8-12 minutes for halves. To soften thick or hard rinds before cutting or peeling, poke holes in rind with fork, and microwave for 2-5 minutes. Remove from microwave, and allow to rest for 1-2 minutes until cool enough to handle.

Preserve. For more information on preserving winter squash, read Montana Guide: Home-canning Pressures and Processing Times and Freezing Vegetables. Visit www.msuextension.org/nutrition and click on the food preservation link or contact your Extension office to find the guide.

Puree. Roast or bake squash. Scoop squash from skin and puree squash to a smooth consistency. It can be added to soups, breads, muffins, or custards.

Roast. Peel and cube squash. Place on baking sheet and drizzle with olive oil and low-sodium seasoning. Bake at 350°F for 45 minutes or until tender.

Roast Seeds. Remove seeds and rinse thoroughly to remove strings or parts of the squash. Drizzle with olive oil and low-sodium seasoning before placing evenly on a baking sheet. Cook at 300°F for 10-15 minutes. Stir periodically for even roasting.

Sauté. Peel and grate or cube squash. Heat pan to high, add butter or oil to coat bottom of pan and add squash. Sauté 15-25 minutes, or until tender.

Season. To enhance flavor, season with allspice, basil, cinnamon, cloves, ginger, marjoram, or nutmeg.

Adapted from the Winter Squash Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit www.msuextension.org/nutrition.

Nutrition Information
Winter squash is loaded with vitamins A and C and provides approximately the same amount of potassium as bananas! It is also a source of vitamin B-6, magnesium, iron, and calcium. Beta-carotene which is found in many orange colored vegetables, including winter squash, turns into vitamin A. Vitamin A helps maintain good vision and keeps skin healthy.

Recipes
Winter Squash and Kale Quesadillas
These are a delicious, easy for lunch or dinner, and can contain ground beef or shredded chicken for additional protein and a heartier meal.

Developed by: Jessica Manly FoodCorps Service Member

Serves: 6 servings (depending on size of squash)

Ingredients
- 1 Butternut squash - peeled, seeded, and cut into cubes
- 3 Tbsp olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

Optional: Drizzle with honey, or sprinkle with dried rosemary, or create your own flavor combination.

Preparation
1. Heat a large skillet over medium heat.
2. Add squash with salt and pepper and sauté until the squash is tender and lightly browned, stirring once, 25-30 minutes.

Simply Delicious Roasted Butternut Squash

Get creative with the seasonings in this recipe to match your meal. Try cumin and mild chili powder for Mexican flavors, or drizzle with maple syrup for a fall treat.

Developed by: Emma Fernandez, FoodCorps Service Member

Serves: 6 servings (depending on size of squash)

Ingredients
- 1 Butternut squash - peeled, seeded, and cut into cubes
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- Salt and ground black pepper to taste

Optional: drizzle with honey, or sprinkle with dried rosemary, or create your own flavor combination.

Preparation
1. Preheat oven to 400°F.
2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and drizzle with olive oil and black pepper and toss until well coated. Arrange coated squash on a baking sheet.
3. Roast in the preheated oven until squash is tender and lightly browned, stirring once, 25-30 minutes.

Montana Harvest of the Month: Winter Squash

Winter Squash

Butternut Squash

Acorn Squash

Spaghetti Squash

Carnival Squash

Montana Harvest of the Month: Winter Squash 1
Did you know?
- While there are hundreds of varieties of lettuce, there are four main types: butterhead (e.g., Boston, bibb), crisphead (iceberg), looseleaf (e.g., red leaf, green leaf), and romaine.¹
- The average American eats about 30 pounds of lettuce every year. That’s about five times more than in the early 1900s.³
- Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.¹
- Leafy greens are not a large part of Montana’s agricultural landscape. Produce such as lettuce, spinach, collards, and chard only amount to about 13 acres of farmland across the state. However, they are easy to find at farmers markets and are great vegetables for gardens.²
- While leafy greens have different nutritional profiles, most greens are sources of folate, vitamin A, vitamin C, calcium, and potassium. Most greens are also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.¹

Greens in the Garden
Greens are perfect for growing in gardens! Most greens (especially spinach) are quick growing, frost-tolerant, and generally easy to grow. Plant seeds directly in your garden 4-6 weeks before the last frost (be sure to read your seed packet for specifics on each variety). Lettuce can be planted in succession every two weeks to ensure a steady supply throughout the growing season.³ Most greens are suitable for container gardens.

Buying tips
Buy greens as fresh as possible. Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.¹ Store greens in a plastic bag in the refrigerator for 2-5 days.¹

Cooking
Prior to preparing, wash greens thoroughly in running water to remove any soil. Greens aren’t just for salad. Add collards, chard, kale, and spinach to entrees, pasta dishes, and soups, or braise and showcase the leafy green goodness. To braise, cut large greens and keep small greens whole. Remove dried or thick stems. Drizzle cooking oil in a heated pan, add low-sodium seasonings if desired. Cook greens over low heat for about 10-20 minutes, or until desired tenderness is reached.⁴

Recipes
Simply Snazzy Salad
This salad is an easy and fun recipe for students to help prepare for any occasion! Experiment with different types of greens, or mix them for more colors and flavors!
Developed by: Kirsten Gerbatsch, FoodCorps service member

Servings
8-10

Ingredients
1 lb any type of salad greens or mixed greens
1/2 cup carrots, thinly sliced
1 cup dried cherries or cranberries
1 cup walnuts, chopped
1/3 cup balsamic vinegar
1/2 cup olive oil
2 Tbsp Dijon mustard
1 Tbsp honey

Preparation
1. Place greens, carrots, cranberries, and walnuts into a large mixing bowl.
2. In a small bowl, add balsamic vinegar, olive oil, mustard, and honey. Whisk ingredients together using a fork or whisk until smooth and evenly mixed.
3. Right before serving, pour dressing over the salad in the large mixing bowl. Gently toss the salad to coat all the ingredients.
**Digital Materials**

**Promotion**
- 10 Newsletters
- 10 Monthly Menu Templates
- 10 Smaller Posters – 11”x17”
- 10 Serving Line Sign Templates

**Logos**

**Illustrations**

**Additional Lessons**
- Quicktivities Handout
- 10 Afterschool Lessons

**Guides & Resources**
- HOM 101 – Quick Start Guide
- HOM 101 – Food Service
- HOM 101 – Educators
- HOM 101 – Parent & Community
- HOM 101 – Producers
- Implementation Guide & Checklist
- Educational Standards
- Connections Guide
- Participation Letter
- Taste Test Guide
- Cooking with Kids Guide
- Cooking Cart Guide
- Materials Sources
Educator Resources

- Monthly Classroom Bites
- Afterschool lessons
- Quicktivities
- Education Standards connections for Classroom Bites lessons

Guides:
- Taste Test Guide
- Cooking with Kids Guide
- Cooking Cart Guide
Monthly Checklist

- **Distribute materials** to appropriate team members each month, which will help remind team members and others at the school of the program. All materials are available on the HOM Online Portal.
  - *Cafeteria Bites* handouts for each month to the Food Service Director or staff, as well as access to menu templates, serving line signs, and posters.
  - *Classroom Bites* and/or *Afterschool Lesson* handouts for each month to participating teachers and afterschool educators, along with the *Common Core and Next Generation Science Standards* document.
  - *Harvest at Home* handouts are intended to be sent home with students or shared with parents, so make sure they go to a teacher, secretary, or afterschool educator who will copy and distribute them.

- **Serve HOM item** for the meal or snack and the taste test at least once each month.
  - For help purchasing local foods, go to the *School Food* page for a *Purchasing Local Food Guide for Montana Schools* and other resources ([http://www.montana.edu/mtfarmentoschool/resources/school-food.html](http://www.montana.edu/mtfarmentoschool/resources/school-food.html)).
  - Contact local farmers and businesses early so they can save winter crops for you such as winter squash, carrots, and beets.
  - Print the *Food Service Tracking Sheet* to track of meals served. This will help you complete the end of the year evaluation!

- **Administer activities** using the lessons provided with the *Classroom Bites*, *Afterschool Lessons*, or *Quicktivities*.
  - Review the *Cooking with Kids Guide* for assistance on cooking activities.
  - Print the *Activity Tracking Sheet* to assist with keeping track of these activities so you know how many students were reached by the end of the year.
- Conduct the **monthly taste test**.
  - Review the *Taste Test Guide* and determine where, when, and how the taste tests will be conducted: [http://www.montana.edu/mtharvestofthemonth/documents/MTHOM%20Taste%20Test%20Guide.pdf](http://www.montana.edu/mtharvestofthemonth/documents/MTHOM%20Taste%20Test%20Guide.pdf). There are many ways to conduct taste tests, so set up a system that works best for your school or afterschool program.
  - Submit at least one *Monthly Taste Test Report Survey* per month for each participating school or afterschool program site at: [https://montana.qualtrics.com/jfe/form/SV_5hdhle233QQhp2t](https://montana.qualtrics.com/jfe/form/SV_5hdhle233QQhp2t).

- **Track results** each month.
  - Record HOM meals using the *Food Service Tracking Sheet* (optional).
  - Record results from the lessons using the (optional) *Activity Tracking Sheet* (optional).
  - Submit the *Monthly Taste Test Report Survey* (link above).

- **Promote program monthly** using social media, newsletters, announcements, websites, etc. Use #MTHarvestoftheMonth on social media sites. Take pictures and *share success stories* about your HOM activities and meals by submitting your story at: [http://www.montana.edu/mtfarmtoschool/connect/share-story.html](http://www.montana.edu/mtfarmtoschool/connect/share-story.html).

- **Complete evaluation**
  - Mid-Year Survey (link to survey will be sent in January)
  - End of the Year Survey (link to survey will be sent in May) – Utilizing the provided tracking sheets for meals and activities will be very helpful for completing the survey at the end of the year!
How do you distribute materials to your team and/or **other educators**?

Type your answer in the chat box.
How do you share information or materials with parents?

Type your answer in the chat box.
Michelle Kaney
Bigfork School
Bigfork, Montana
Our School Garden
Our Bed of Buckwheat
Harvesting Buckwheat
Taste Testing Buckwheat Noodles
Jamie Diehl
Ennis School
Ennis, Montana
Connect with Producers

- Farm Field Trips
- Farmer in the Classroom
- Parents in the School
- Taste Tests
- Eat with your Farmer
- Coordinate purchasing for cafeteria and classroom
How are products used in activities?

- Cooking projects
- Science diagrams, art projects, math activities, etc.
- To explain seasonality and highlight the importance of local agriculture
Ready to Dig In?

Photo Credit: Amy Harvey, Missoula
Ready to Dig In?

1. Recruit your team.
   • Share resources such as HOM 101 handouts and/or short video.

2. Register online.
   • [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)

3. Hold a team meeting and make a plan.
   • Review resources. Assign tasks.
   • Watch online trainings.

4. Go!
   • Share photos, stories, and recipes…or tag on social media #MTHarvestoftheMonth
Upcoming Opportunities

- **Teacher Advisory Committee** – seeking members. Contact: aubree.roth@montana.edu

- **MT HOM Workshops – Food service** (others welcome) – *Registration open until March 3:*
  - March 7 – Miles City Will reschedule for fall.
  - March 9 – Great Falls
  - March 10 – Missoula
Ready to Dig In?

Register Online:
www.montana.edu/mtharvestofthemonth

More Farm to School Info:
www.montana.edu/mtfarmtoschool

Or Contact:
Aubree Roth
(406) 994-5996
aubree.roth@montana.edu